

Navigating Peripartum Depression: Strategies and Solutions

PROGRAM GOAL

This course will educate on the DSM-5-TR diagnostic criteria for depressive disorders, including those during and following pregnancy. Assessments for depression and suicidality will also be explored. Evidence-based treatment options and best practices regarding treatment while pregnant and breastfeeding will be discussed.

LEARNING OUTCOMES

At the close of this activity, participants will be able to:

- Explain the DSM-5-TR criteria for depression disorder with peripartum onset to my healthcare team
- Apply evidence-based recommendations for screening for peripartum depression and suicide risk in my healthcare team environment
- Implement coping and support strategies related to peripartum depression in my member care practices

TARGET AUDIENCE

• Nurses • Social Workers • Physicians • Psychologists • Case Managers

REGISTRATION

This course is accessible through www.centeneinstitute.com. Once you have registered as a new user, navigate to the Activity Catalog. In the Activity Catalog, search for the course title and register by clicking on **ENROLL NOW**.

AGENDA

0 min – 26 min: DSM-5-TR criteria for depressive disorders

26 min – 50 min: Evidence-based recommendations for screening for peripartum depression and suicide risk

50 min – 75 min: Healthcare team interventions

SPEAKER INFORMATION

Katherine Barber, LLC, is a Senior Clinical Trainer for PHCO-Behavioral Health at Centene, bringing nearly 20 years of experience across diverse healthcare settings. Over the past three years, she has specialized in clinical training, designing and delivering a range of behavioral health programs tailored to meet the needs of various learners.

CERTIFICATE OF COMPLETION

The completion of a course evaluation available 30 days from the activity completion date will serve as the final step of completing the course. After successfully completing the survey, the certificate will be available for immediate download and printing. Go to **Learn** menu, click on **My Activities > Completed**.

PROVIDER CONTACT INFORMATION

To contact the Centene Institute for Advanced Health Education, please email Centene_Institute@centene.com.

CREDIT INFORMATION



In support of improving patient care, the Centene Institute for Advanced Health Education® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the healthcare team, and learners will receive 1.25 Interprofessional Continuing Education (IPCE) credits for learning and change.



As a Jointly Accredited Organization, the Centene Institute for Advanced Health Education® is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.25 clinical continuing education credits.

The Centene Institute for Advanced Health Education® designates this Internet Activity (Enduring Material) for a maximum of 1.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Centene Institute for Advanced Health Education® designates this Internet Activity (Enduring Material) for a maximum of 1.25 ANCC contact hours.



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers.

The course is approved for 1.25 CE contact hour(s). Activity code: I00064096 Approval Number: 250002391
To claim these CEs, log into your CCMC Dashboard at www.ccmcertification.org.